

CILENTO

Art, Culture and Landscape

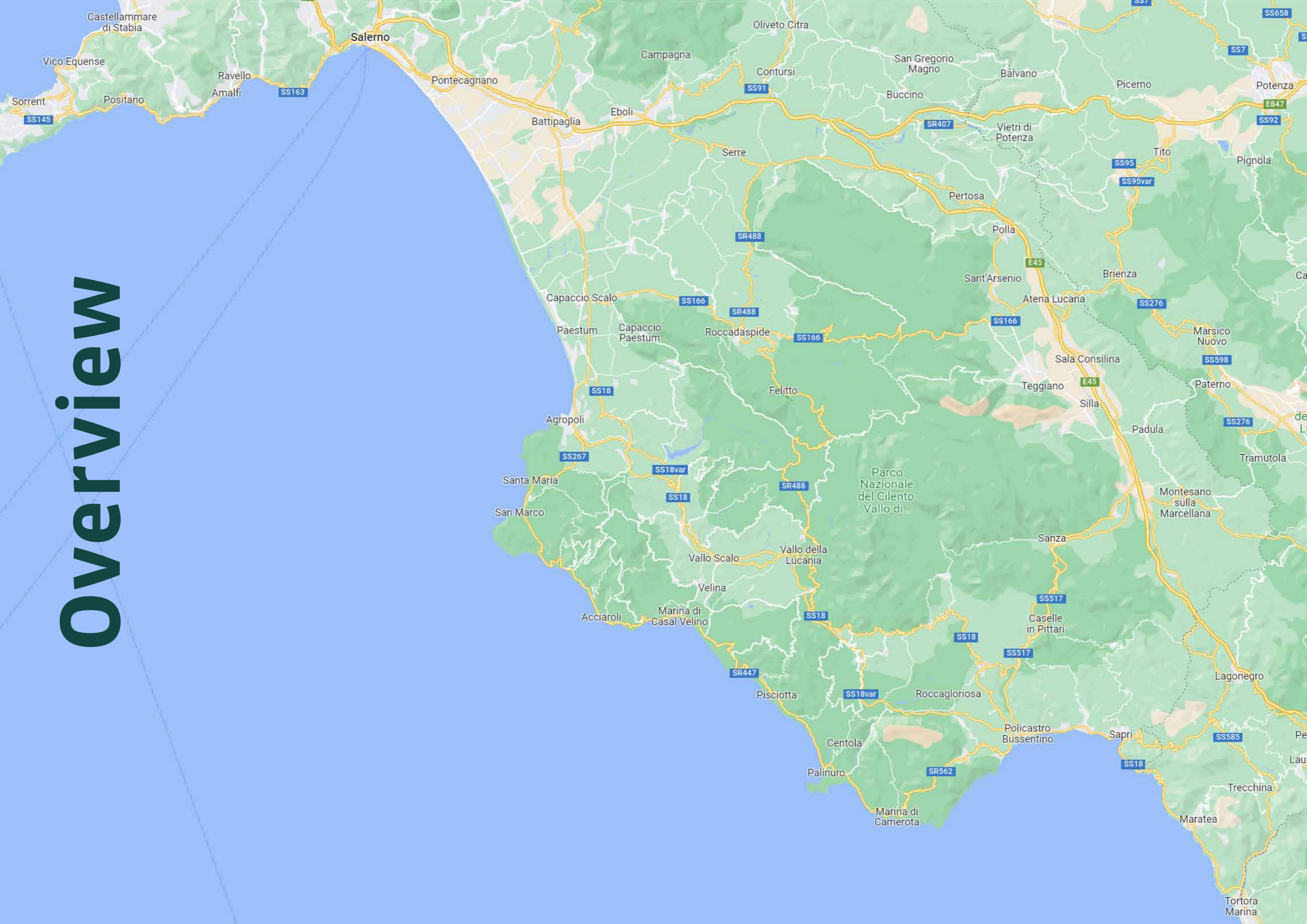


CILENTO

Welcome to Bella Italia



Overview



Laureana Cilento





ROCCA

Rocca

Rocca Cilento is a small southern Italian mountain village from the Middle Ages. The cozy place is located at an altitude of 635 m in the hills of the national park. The small streets and the old cobblestones create a great atmosphere. The view of the Alento Valley, the rivers, mountains and villages in the hilly landscape are also worth the trip.

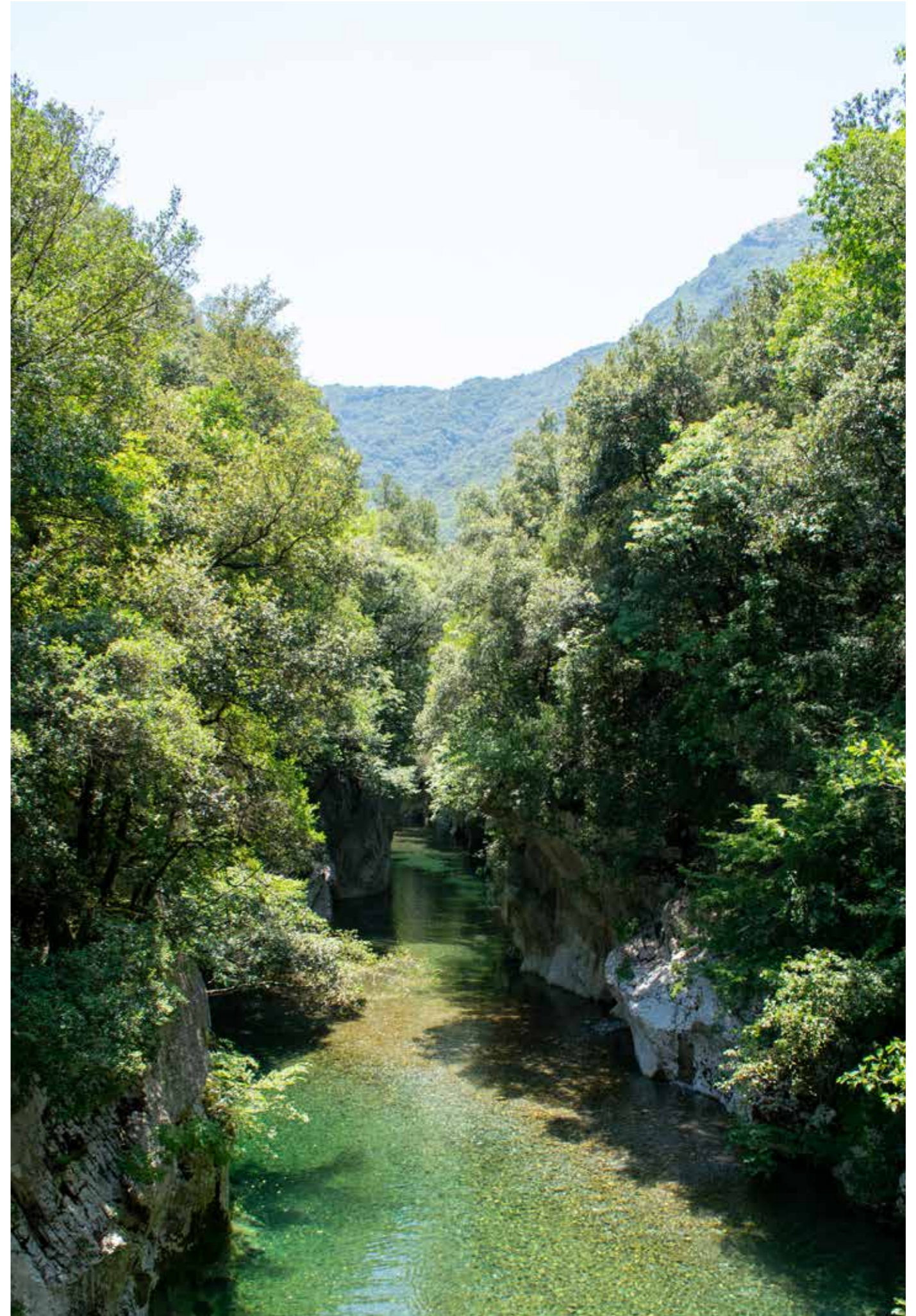
The Rocca Cilento castle towers over the small town. Thanks to its location, Rocca Cilento was the capital of ancient Cilento. The castle was built by the Lombards in 1119 and the associated community came into being. The castle was the seat of the Baronia Cilentana, later the residence of the Sanseverino family and even briefly a defensive fortress for the Jacobins. Traces of this eventful history can still be seen. Today the castle is used as a hotel and shines in new splendor.

Gole del Calore

Gole del Calore

The clear Calore River winds through the gorge, providing not only a breathtaking landscape but also a place for cooling down in summer temperatures.

Along the river, various mostly shady hiking trails lead through the steep limestone cliffs. In the summer months, canoes or pedal boats can be rented. The gorge can also be enjoyed from the water. Sometimes you can even spot trout or otters in the crystal clear water.



Agropoli

Agropoli is located on a rocky hill on the Campania coast. The historic defenses and flower-filled streets of the old town are crowned by the Castello Aragonese castle. Here you have a wonderful view of the Cilento coast.

Agropoli

There are many sights in the city: the imposing city gate Porta Monumentale from the 16th century and the stairs to the old town "Scaloni" are part of every city walk. The two churches, Chiesa Santa Maria di Costantinopoli and Chiesa Madre dei Santi Pietro e Paolo, as well as the towers Torre di San Marco and Torre San Francesco adorn the city.

In the west of Agropoli there is a marina and several beaches. Baia di Trentova is a little insider tip, with its small bay and large rocks a beautiful place for swimming.

The beach promenade Via Filippo Patella invites you to linger with numerous restaurants and small shops.

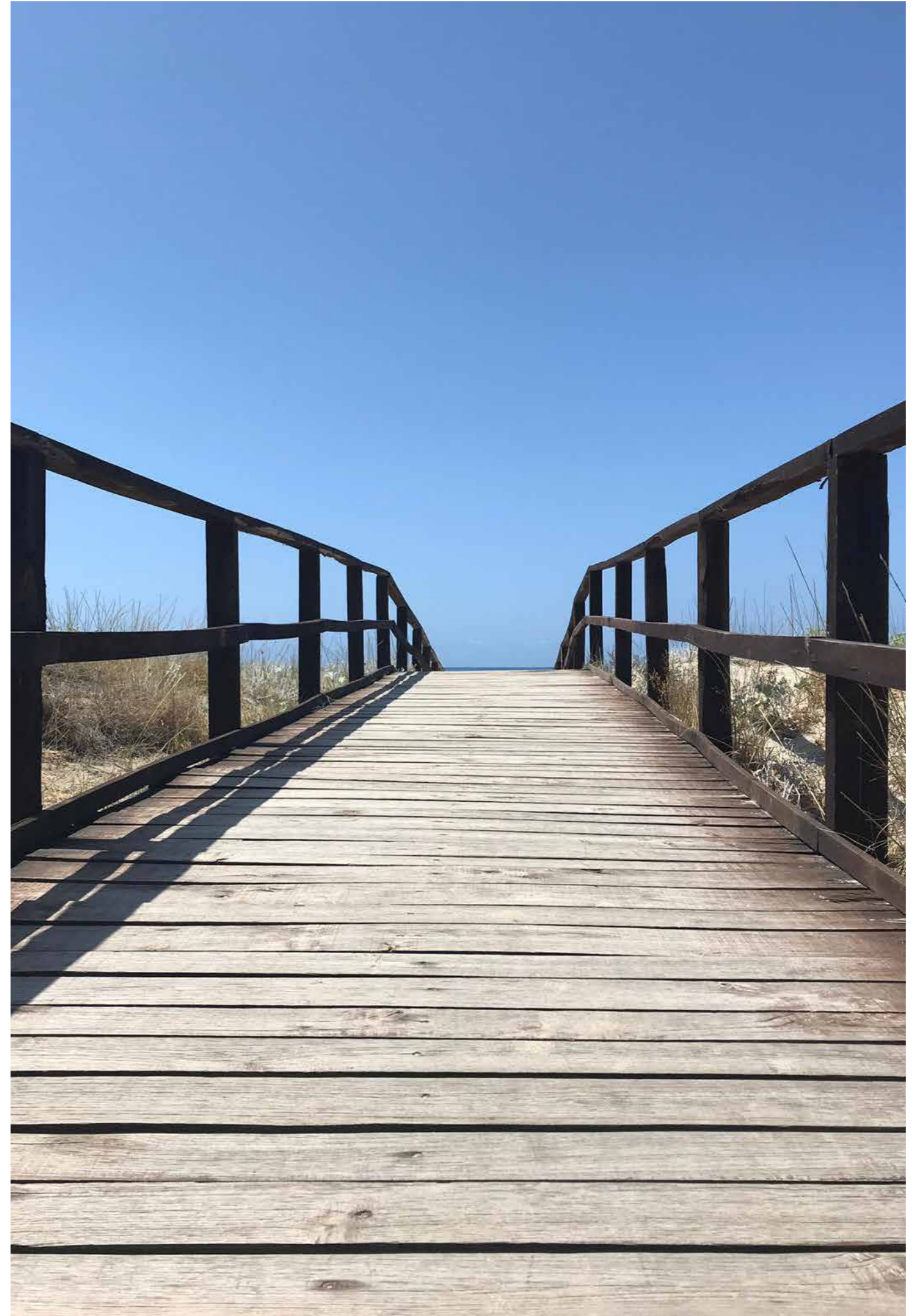
Ascea

Ascea

Ascea is a municipality in the province of Salerno in the Campania region.

Since 1991 the town has been part of the Cilento and Vallo di Diano National Park and a member of the Costiera Cilentana. The municipality includes the towns of Ascea, Marina di Ascea, Mandia, Catona, as well as the ruins of the Greek city of Elea, which was known in antiquity for its schools of philosophy. A round tower from Norman times also protrudes from the ruins here.

The Marina di Ascea is a seaside resort with a wonderful, long sandy beach.



Santa Maria

Santa Maria

Once the first seaside resort on the Cilento Coast and now the center of the municipality of Castellabate, Santa Maria welcomes visitors with Mediterranean charm and warmth. The Madonnina, the patron saint of sailors, watches over the picturesque town center with its ancient palazzi and the beautiful city beach.

Not too far away is the Porta della Gatte, a romantic archway right on the water where

fishermen mend their nets. The piazza with small bars and a view of the sea is followed by the Corso, the pedestrian zone of Santa Maria. The town is framed on both sides by long sandy beaches, where the Bandiere Blu blows year after year, an award for the best water quality. The culinary offering is diverse, ranging from a simple trattoria with the best pizza and homemade pasta to an excellent fish restaurant.

Castellabate

High above the sea lies the medieval village of Castellabate, which has been designated a World Heritage Site by UNESCO. Its fairytale town center consists of small staircases and alleys, artistic archways and historic palazzi. Here you can meet in the piazzetta, in the overgrown courtyards or in one of the small bars.

Castellabate

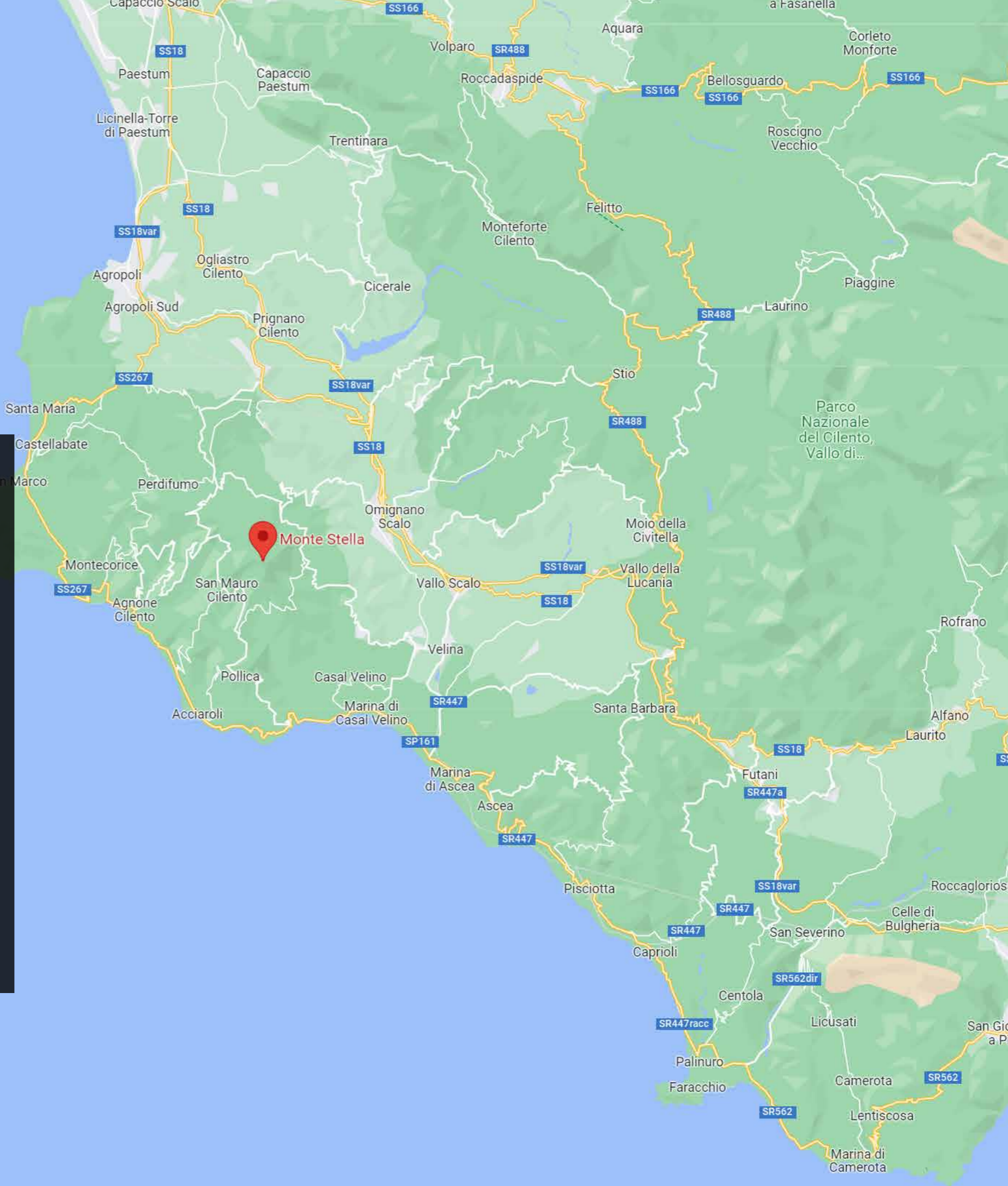
Monte Stella

Monte Stella

Monte Stella stands out from the Cilento National Park. It is a beautiful solitary mountain that rises directly from the Tyrrhenian Sea. From its top you can see the Amalfi Coast. The “white ball” of the radar station, which stands on the mountain top, is visible from afar.

Only one asphalt road leads directly to the summit. However, there are a number of paved and unpaved hiking and cycling routes around the mountain range. Anyone longing for some peace and idyllic solitude has come to the right place. The pilgrimage church of the Madonna della Stella is located on Monte Stella. In ancient times, this mountain acted as a viewpoint between the ancient Greek cities of Poseidonia (Paestum) and Elea (Velia).

The northern part of the mountain lies on the edge of the Cilento National Park and is unusually dry for the region, which has a lot of water due to the climatic conditions. It is also known as “Isola Verde”, the green island.



Trentinara + Paestum

Trentinara

The small, quiet mountain village, which lies at around 600 m in the hilly landscape between Paestum and Agropoli, got its name from its 30 original founders.

Trentinara is a place of peace surrounded by nature in the Cilento. Many picturesque hiking trails and trekking tours through the mountainous landscape start from here.

Adrenaline junkies can also fly through the lush greenery on the zipline and feel the wind rush around their ears.

Trentinara enchants with its 360° panorama day and night. The view of untouched nature creates a very special atmosphere. From Via Panoramica you can see the Gulf of Salerno, the Amalfi Coast, the island of Capri, the archaeological area and the splendid waters of the Sea of Paestum and the Cilento Coast.

Paestum

History lovers will find other parts of the UNESCO World Heritage Site in Cilento. The excavation sites in Paestum with its three well-preserved Greek temples and the Greek philosopher city of Velia show an impressive picture of another time. Founded by the Greeks around 600 BC under the name Poseidonia, this colony was designed as a plant town. Thanks to the fertile landscape, the city achieved great prosperity, which can still be seen today in the temple complexes. Buildings from the Roman period are also still preserved, including an amphitheater.



Padula

Padula

In Padula you can find the old Carthusian monastery of San Lorenzo. There is not only a museum here but also the unique baroque architecture to admire. The old marble staircase, the cross archway and the old paintings in particular create a very special atmosphere.

National park Cilento

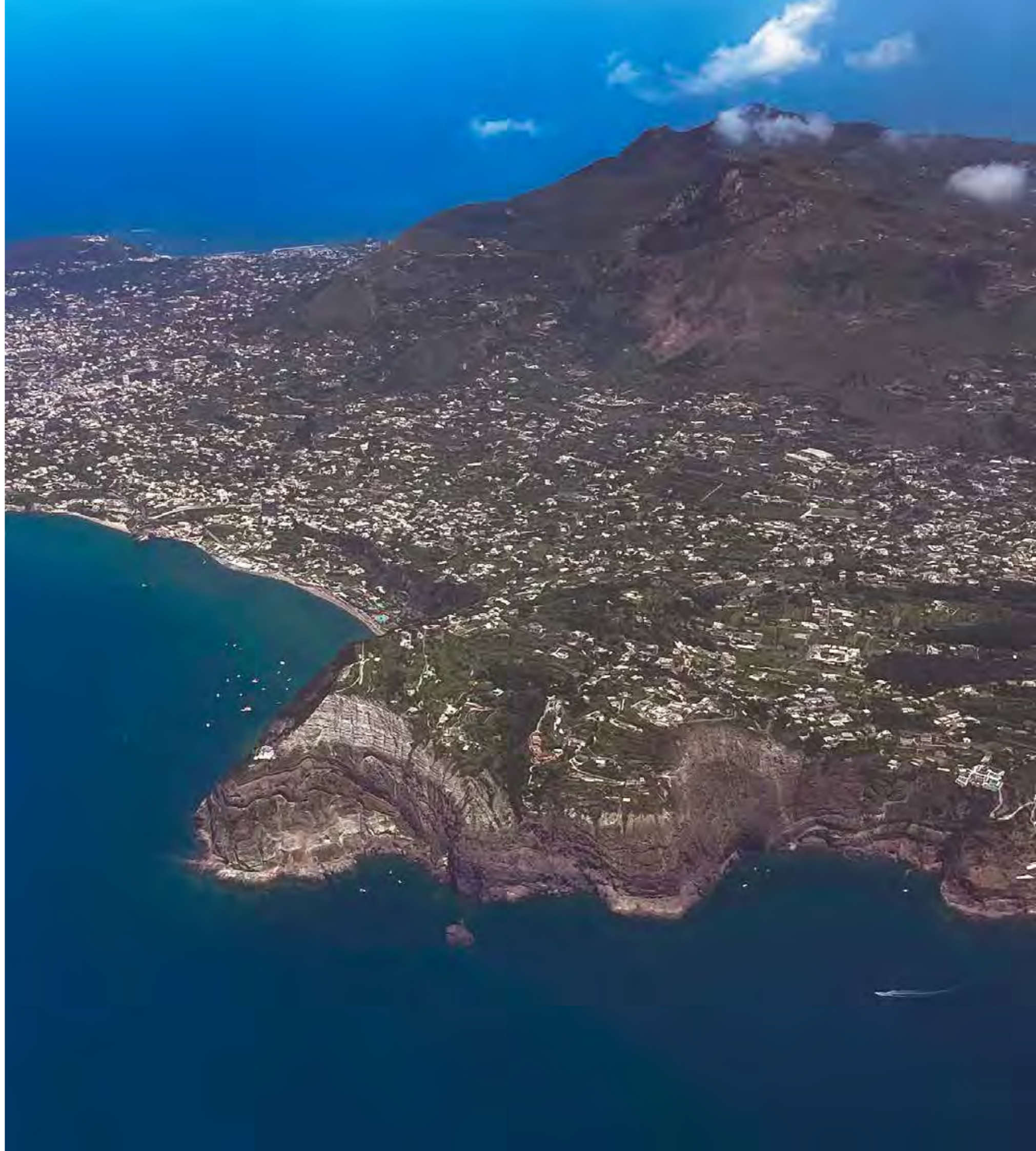
National Park

The Cilento and Vallo di Diano National Park is the second largest national park in Italy and is located in the Campania region and the province of Salerno. Established in 1991, it extends over 181,048 hectares of mostly mountainous terrain from the coast of the Tyrrhenian Sea to the Vallo di Diano at the foot of the Apennines. The national park has been a UNESCO World Heritage Site since 1998. The center of the national park is the towns of Marina di Camerota and the smaller Palinuro.

The landscape of the Cilento ranges from cliffs to sandy beaches, from the hilly interior to mountainous regions. Rustic river valleys wind through the partially forested parts of the national park and there are also olive groves to be found. Parts of the Calore Gorge are protected, as is Monte Cervati, the highest mountain in the park.

There are also fresh water reserves to discover in two places: in front of Santa Maria di Castellabate the Paco Marino Subacqueo and east of Marina di Camerota the Baia degli Infreschi (Riserva Naturale Costa degli Infreschi). There are many caves to explore both on the coast and in the river valleys, either on foot or by boat tour to the caves on the coast, some of which are only accessible from the water.

There are many attractive hiking routes and cyclists will also get their money's worth here. The conditions on the steep rocky coasts are ideal for diving and snorkeling. The beautiful coastal region is also suitable for sailing. Offers for white water rafting, horse riding, hang gliding and paragliding can also be found.



Palinuro

The formerly small town of Palinuro allures with a small heavenly seaside resort, the medieval castle Castello di Molpa, and a marina.

The main attraction, however, is the Palinuro caves. They can be visited as part of organized boat tours.

The Grotta Azzura is bathed in a magical blue light by the sun's rays through underground tunnels.

The Grotta del Sangue is characterized by its blood-red rock, whereas the Grotta Argento has a metallic sheen inside.

The Grotta dei Monaci, the monks' grotto, owes its name to the rock formations that are reminiscent of a group of praying monks.

The Grotta delle Ossa, the bone cave of Palinuro, is an archaeological collection. Bones and fossils from early times are captured in the rock. At the entrance to the cave, seaquakes have formed a skull in the rock.

The Bia degli Infeschi beach, located at the mouth of the Fiume Mingardo, is protected. Here you will find another highlight, the impressive Arco Naturale rock arch.



Marina di Camerota

Marina di Camerota

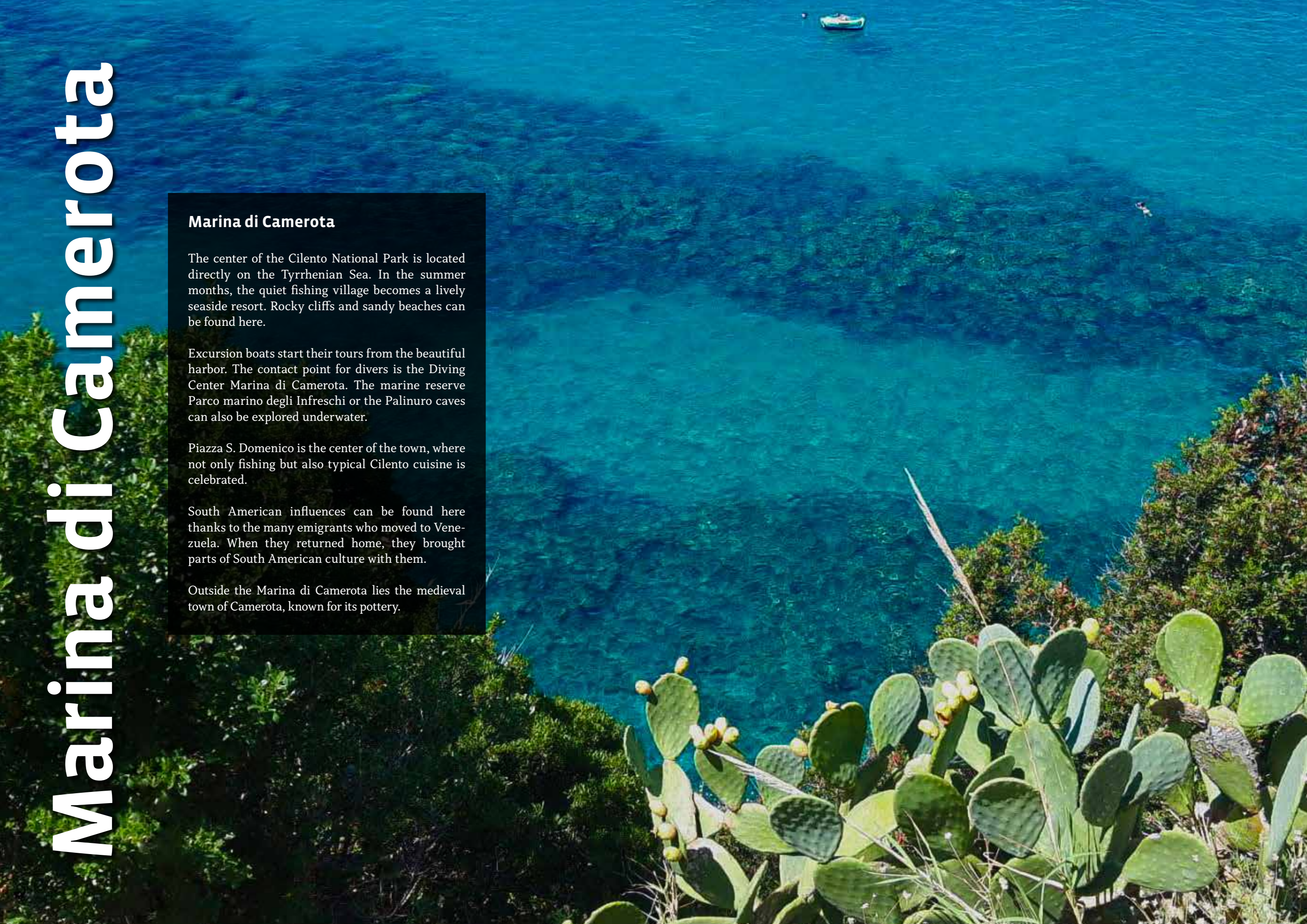
The center of the Cilento National Park is located directly on the Tyrrhenian Sea. In the summer months, the quiet fishing village becomes a lively seaside resort. Rocky cliffs and sandy beaches can be found here.

Excursion boats start their tours from the beautiful harbor. The contact point for divers is the Diving Center Marina di Camerota. The marine reserve Parco marino degli Infreschi or the Palinuro caves can also be explored underwater.

Piazza S. Domenico is the center of the town, where not only fishing but also typical Cilento cuisine is celebrated.

South American influences can be found here thanks to the many emigrants who moved to Venezuela. When they returned home, they brought parts of South American culture with them.

Outside the Marina di Camerota lies the medieval town of Camerota, known for its pottery.

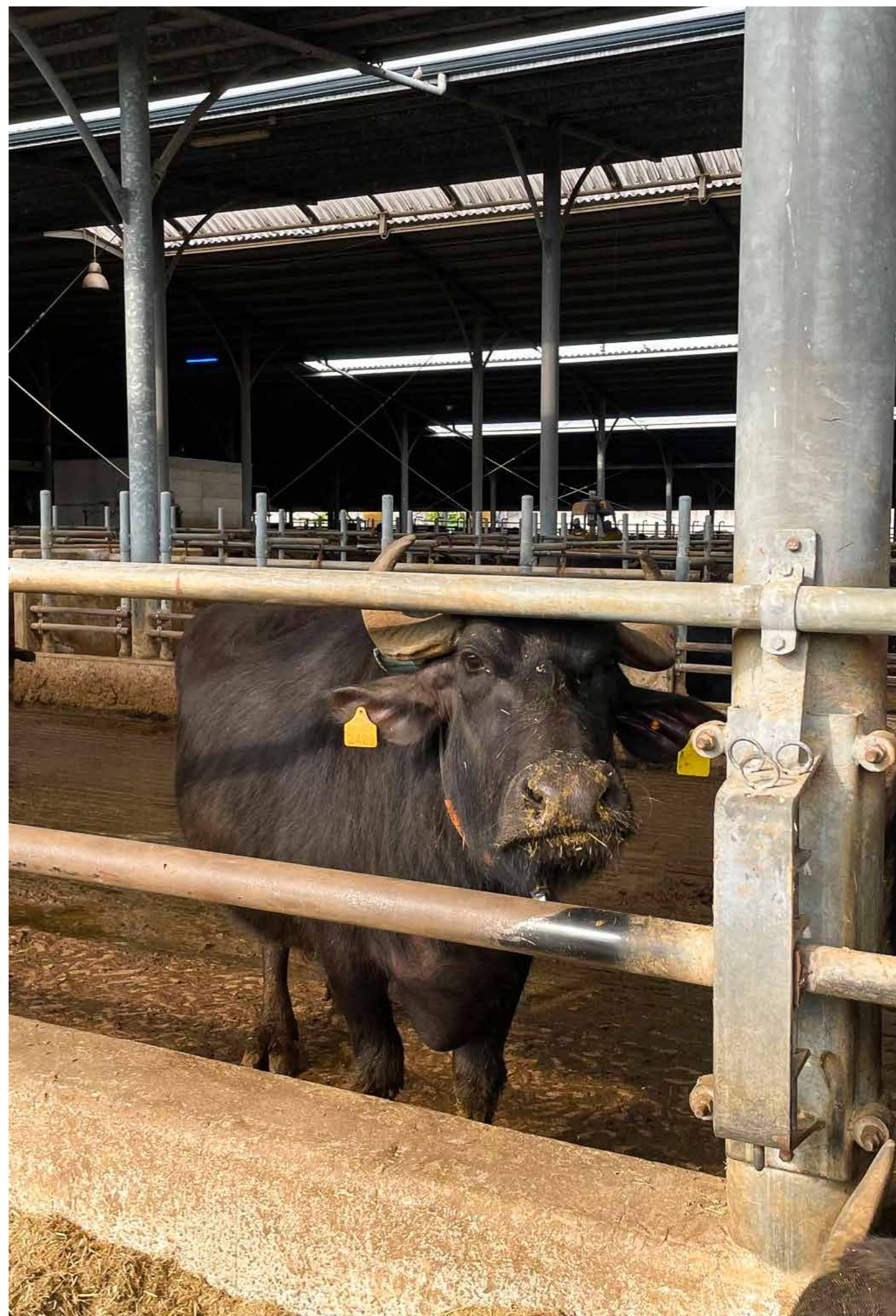


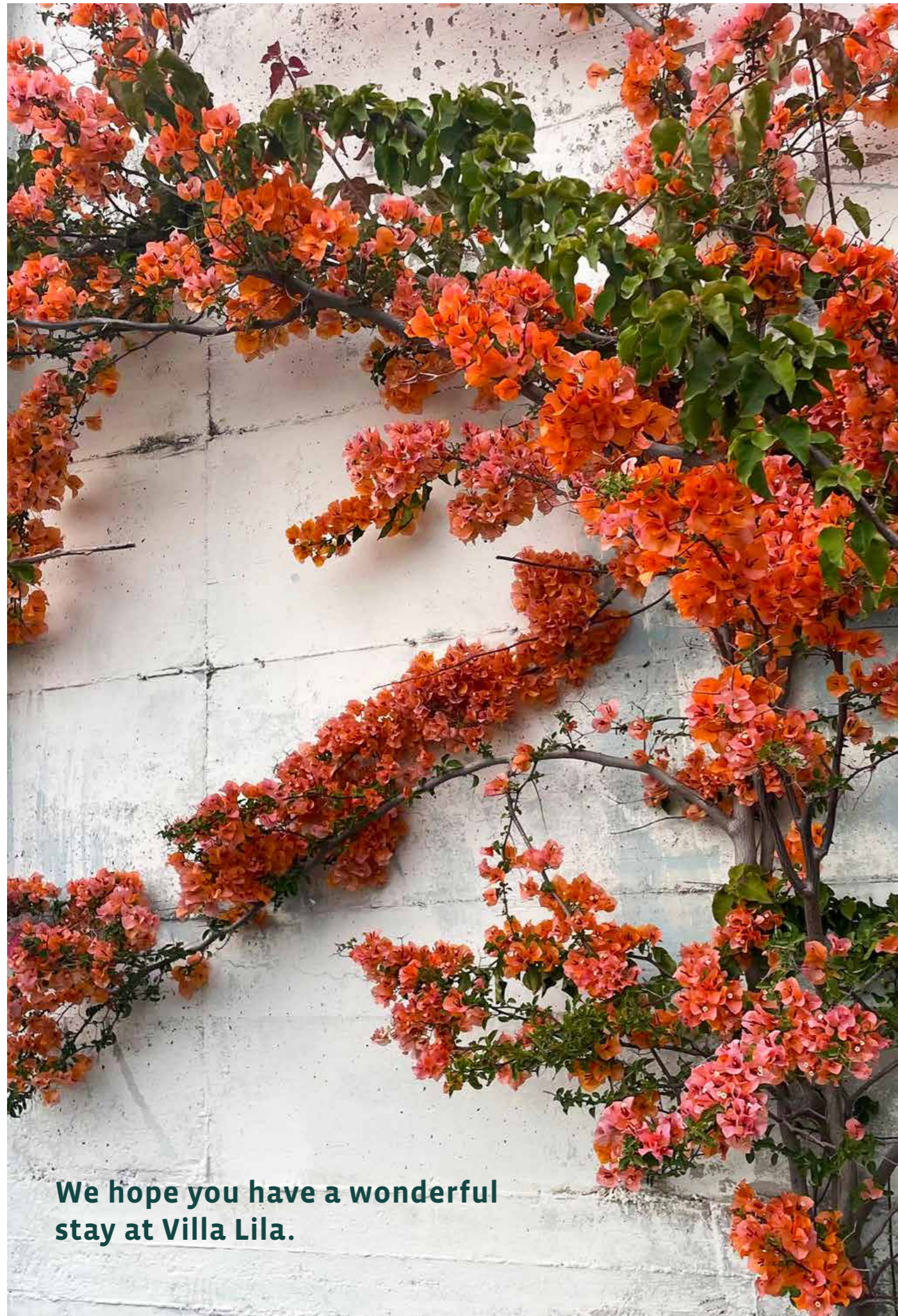
Mozzarella di Bufala

Mozzarella di Bufala

Tenuta Vannulo is the most famous buffalo farm and cheese factory in northern Cilento. Since 1996, Vannulo has specialized in the organic production of buffalo mozzarella, ricotta and yogurt. All products are made by hand with buffalo milk from their own production.

Barlotti Caseificio was founded in 1990 and is one of the oldest farms in the Paestum plain. The transformation into a pure buffalo farm and cheese factory took place in 1991. Here, too, work is carried out sustainably to produce creamy white mozzarella, buffalo ricotta and other types of cheese. Ice cream, yoghurt and buffalo meat can also be found in Barlotti's range. In the attached small restaurant you can enjoy dishes made from home-grown vegetables, meat and cheese on the outdoor terrace.





**We hope you have a wonderful
stay at Villa Lila.**

Sources

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Villa Lila